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## October is Breast Cancer Awareness Month

Breast cancer affects one in seven women nationally and will claim 40,000 lives in the U.S. this year. In Kentucky, breast cancer is the second leading cause of cancer deaths among women. About 3,000 women in Kentucky are diagnosed each year with breast cancer according to the Kentucky Cancer Registry.



The good news is that deaths from breast cancer have declined slightly over the past several years, a statistic that may be a result of heightened awareness and expanding access to affordable mammograms.

Yearly mammograms, clinical breast exams and monthly self breast exams can help women protect themselves from the often devastating effects of breast cancer. Early detection leads to early intervention, which many times is the key to beating breast cancer.

### American Cancer Society Guidelines for Detection of Breast Cancer in Women with No Symptoms

#### Age 40 and older:

- Annual mammogram
- Annual clinical breast exam
- Monthly breast self-exam (optional)

#### Age 20 – 39:

- Clinical breast exam every three years
- Monthly breast self-exam (optional)

## Worksite Wellness and Health Promotion Committee accepting membership applications

It is that time of year again - time to recruit CHFS employees for the Worksite Wellness and Health Promotion Committee. The WWHPC will be accepting applications for membership on the full committee and subcommittees through Oct. 7.

CHFS employees based in Frankfort are invited to be part of the Worksite Wellness and Health Promotion Committee in either of two ways:

### Be a committee member

Committee members must be able to attend monthly committee meetings (1.5 hours) and work with at least one

subcommittee. Subcommittees usually meet once a month for one hour; however, some subcommittees may need to meet more often when planning, promoting or leading special initiatives.

Prospective committee members must submit an application with supervisor approval. Committee appointments are made by the Cabinet secretary. Members serve one-year terms.

Current members who wish to continue serving on the committee need not reapply.

For a Wellness Committee application, visit <http://www.chfs.ky.gov/NR/rdonlyres/15F9CFCA-76F2-439C-A8CD-BD03038B6193/0/Committeeapplication.doc>.

### Be a subcommittee member

Employees may also support the wellness promotion by applying for membership on any of five subcommittees. If you have a special interest in any of the following five subjects, please apply to join that subcommittee and help promote the associated health benefits:

- Smoking cessation
- Nutrition
- Communications
- Physical activity
- Healthy lifestyles

Subcommittees plan and implement actual worksite wellness events – like the recent Get Moving CHFS! walk-across-Kentucky project planned and executed by the Physical Activity Subcommittee and the Nutrition Subcommittee's CHFS 5 A Day Challenge, designed to help participants increase their daily intake of fruits and vegetables.

Employees who wish to participate on a wellness subcommittee also must complete an application and obtain supervisor approval.

For a subcommittee application, visit <http://www.chfs.ky.gov/NR/rdonlyres/392782F1-450B-48B3-8C57-65D9EE03FE0C/0/subcommitteeapplication.doc>.

We hope employees will apply to join the full committee or one of the subcommittees to help sustain the enthusiasm and sense of ownership established during recent successful worksite wellness initiatives.

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# CHFS FOCUS on Wellness

*CHFS Worksite Wellness and Health Promotion Committee Vision Statement: "To create, promote and sustain a workplace environment that encourages healthy lifestyles and improves employee health."*

## Health fair the highlight of Make A Difference Day Oct. 21

In observance of this year's Make A Difference Day and in support of Governor Fletcher's Get Healthy Kentucky! initiative, the Kentucky



Commission on Community Volunteerism and Service will host a health fair in downtown Frankfort on Oct. 21.

Make A Difference Day is an annual observance dedicated to helping others – a celebration of neighbor helping neighbor. KCCVS has long observed Make A Difference Day as an opportunity to help the citizens of Kentucky and raise awareness of community service and volunteer needs and opportunities.

In previous years, KCCVS has led statewide efforts to collect beef stew for hunger prevention programs around the state and encourage groups and individuals to undertake some form of volunteer service to make a difference in their communities.

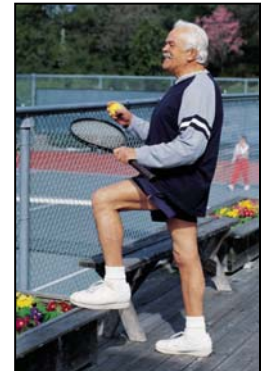
This year, KCCVS is focusing attention on making a difference in the health of Kentucky. "Because Kentucky ranks poorly in a number of health indicators, we wanted to add another voice to the 'get healthy' message," KCCVS Director Eileen Cackowski said. "By using Make a Difference Day to promote healthy lifestyles and disease and illness prevention, we hope to be a positive influence in people's lives and encourage Kentuckians to make changes and choices that will truly make a difference in their personal health."

KCCVS is a statewide, bi-partisan body working to address unmet local needs across the street by proving opportunities for Kentuckians to engage in community service opportunities. As part of its service objective, KCCVS also works to build partnerships among volunteers organizations and businesses to support local community service programs.

The staff and leadership of KCCVS invite all Frankfort-based CHFS employees to visit the Make A Difference Day health fair Oct. 21 from 10 a.m.-2 p.m. on the St.

Clair Street Mall. Fair features include health-related product and service vendors, demonstrations and information exhibits to empower and motivate visitors to make responsible, healthy lifestyle choices.

As a special bonus, Tink Greenwell of Tink's Bar B Q, a long-time St. Clair Mall fixture, will offer a healthy grilled lunch selection for health fair visitors.



"As summer draws to an end and we spend more time indoors, we want to remind everyone that good health practices – including exercise and diet – need to continue year round," Cackowski said. "The timing of our Make A Difference Day health fair offers a chance to re-energize folks who are already involved in personal health and wellness activities and to motivate others to take steps to improve their quality of life by improving their health."

## Preliminary Results of the Employee Interest Survey

Thank you to the 345 Frankfort-based CHFS employees who took the time to complete the 2005 Employee Interest Survey.

The information you provided will help the CHFS Worksite Wellness Program develop and deliver programming specific to the issues and interests of CHFS employees.



Here are some of the survey results:

- More than **50 percent** of respondents do not participate in physical activity at least three days per week.
- The type of physical activity most respondents prefer include a **lunchtime walking club, strength training classes and yoga/pilates classes.**
- The type of nutrition programming preferred by most respondents is **how to prepare healthy meals.**
- Of the respondents who currently smoke, more than **50 percent** are seriously considering quitting in the next six months.
- The vending item respondents said they most often purchase is **diet soda**, followed by **regular soda** and **candy.**

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- **Seventy-four percent** of respondents said they've made at least one attempt to lose weight in the past year.
- The most frequently reported health problems among respondents are (in order of frequency) **allergies, high stress levels, back pain and high blood pressure.**
- The health topics respondents are most interested in include **weight management, women's health, stress management and physical activity.**
- Respondents selected **on-line/Internet delivery** as the preferred method for receiving health and wellness information.
- The majority of respondents (**63 percent**) rated their health as "good."

A full report of the results will be compiled and will be made available very soon.

## Recent Study Highlights the Need for Worksite Physical Activity and Nutrition Programs

In 2002, obesity cost Kentucky more than \$1 billion in medical costs alone. It has been suggested that the cost of absenteeism and subsequent lost productivity due to obesity-related chronic diseases must also be staggering, although hard to measure. In an attempt to begin quantifying these expenses, a recent study by RTI

International and the Centers for Disease Control and Prevention (CDC) documented the workplace costs of obesity, measured in both health care costs and absenteeism.

The study found that for men working full time, the cost of obesity, per obese employee, is between \$460-\$2,030. For obese women working full time, the cost of obesity ranges from \$1,370 to \$2,485. Part of the reason for the greater expense for obese women is due, in part, to greater absenteeism. It was also found that in both men and women, as a person's weight increases, so do the associated costs.

The researchers estimate that for a business with 1,000 employees, the cost of obesity is around \$285,000 per year. With obesity rates continuing to rise, it will become more and more difficult for employers to ignore this issue. Eric Finkelstein, Ph.D, the study's principal investigator at RTI International said, "As the prevalence and cost of obesity in the workplace continue to increase, so does the financial motivation to search for strategies to reduce these

costs. Such strategies may include worksite wellness and disease-management programs related to obesity."

In 2003, more than one in four Kentuckians was classified as obese, which is slightly higher than the national average. With adults spending a majority of their waking hours at work, it makes sense that employers in Kentucky take steps to address the obesity epidemic. "It is becoming increasingly difficult for employers to ignore these costs," Finkelstein said. "The results of this study, combined with information on the effectiveness of specific interventions, will allow employers to make more informed decisions about the best strategies for reducing obesity and related costs among their employees." The CDC recommends comprehensive worksite programming based on policy and environmental strategies to address overweight and obesity, such as adopting healthy food policies and providing a walkable environment to support physical activity.

The results of this study appear in the September/October issue of the American Journal of Health Promotion.

Source:

<http://pubdevelopment.rti.org/www/newsroom/news.cfm?nav=442&objectid=2D745DE2-1BED-4CBA-B0678FFC336C5B76>

## National Depression Screening Day

*Don't miss this test*

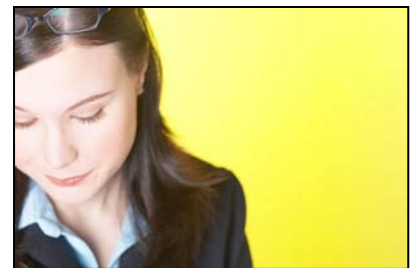
*By Patricia Boler*

Every day we hear stories about the importance of disease, illness and injury prevention

measures to keep our bodies healthy. We are told to eat right, exercise and see a doctor regularly. We are encouraged to have mammograms, prostate screenings, colonoscopies and other medical tests. But, too often, mental health screenings are not among the preventive and diagnostic testing recommended by doctors and other health professionals.

Depression is a common mental health condition that can require ongoing treatment and/or medication. It affects more than 19 million American adults each year - men and women alike. It can be masked by or complicate other medical conditions. Depression can even lead to suicide.

Oct. 6 is designated as National Depression Screening Day to call attention to depression as a serious medical





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condition -- as well as to educate the public on its symptoms and available treatments.

The National Depression Screening Project can help identify free, confidential screening locations throughout the United States. Tests are also available online.

For more information on mental health, depression screenings and more, visit the National Mental Health Association at

<http://www.nmha.org/ccd/support/screening.cfm>.

The National Mental Health Association provides the following list of common depression symptoms:

- A persistent sad, anxious or "empty" mood
- Sleeping too little, early morning awakening or sleeping too much
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

## What You Don't Know Can Hurt You: Stay Up to Date with Preventive Health Screenings

Messages about healthy lifestyle choices such as physical activity and good nutrition have been publicized well. Another important factor in preventing disease progression is



keeping up-to-date on health screenings. Simple tests, such as checking blood pressure or blood sugar levels, can indicate underlying diseases long before there are any symptoms or signs of a problem. Nearly all diseases are easier and less expensive to treat when detected early.

Many people are unsure of what types of screening tests are needed at different ages. For example, did you know that it's recommended that men and women have their first cholesterol test at age 20 or that women should have their thyroid function tested at age 35? Whether it's a screening for cancer, heart disease, diabetes, osteoporosis or other condition, it's important to discuss your family history and personal risk factors with your health care provider. Those

with a family history of a certain disease, symptoms or other related conditions may actually need screenings performed earlier and/or more frequently than the general population.

We hear people boasting that they "haven't been to the doctor in 20 years," but with today's health screening technology, that's nothing to brag about. For a printable chart of recommended health screenings and immunizations for both men and women, please click on the links below.

General Screenings and Immunization Guidelines for Women

<http://www.4woman.gov/screeningcharts/screenings-general.pdf>

General Screenings and Immunization Guidelines for Men

<http://www.4woman.gov/screeningcharts/prev-chart-men.pdf>

## Lighten Up Your Recipes

According to the 2005 Obesity in Kentucky Report, more than two-thirds of us are either overweight or obese. In fact, up to one-third of American adults are currently on a diet. Many people fear that changing their eating habits means giving up all of their favorite foods. However, making just small recipe changes and substitution can add up to fewer calories and less fat in your diet. For those who don't currently want to cut calories, try some of these tips to decrease sodium and increase fiber, vitamins and minerals in your diet.



If your recipe calls for:	Try Substituting
<b>Reduce Fat</b>	
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for <u>half</u> of the called-for butter, shortening or oil
Butter, margarine, shortening or oil to prevent sticking	Cooking spray and/or nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes or pureed carrots, potatoes or tofu for thickening

Eggs	Two egg whites or one-fourth cup egg substitute for each whole egg
Heavy cream or half and half	Evaporated skim milk or fat-free half and half
Evaporated milk	Evaporated skim milk
Cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Sour cream	Fat-free plain yogurt or fat-free or low-fat sour cream
Ground beef	Extra-lean or lean ground beef, chicken or turkey (draining and rinsing cooked meat in hot water also helps eliminate extra fat)
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced calorie dressing or flavored vinegars
<b>Reduce Sodium</b>	
Seasoning salt such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, onion flakes or salt-free herb mixtures
Soy sauce	Sweet and sour sauce, hot mustard sauce or low-sodium soy sauce
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends
<b>Reduce Sugar</b>	
Fruit canned in heavy syrup	Fruit canned in its own juices or water or fresh fruit
Syrup	Pureed fruit, applesauce or low-calorie, sugar-free syrup
Sugar	Reduce the amount by half in baked goods or try one of the new sugar substitute baking blends
<b>Increase vitamins, minerals and fiber</b>	
All purpose flour	Whole wheat flour for half of the called-for all purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal

Pasta	Whole wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Meat as the main ingredient	Triple the amount of vegetables on pizza or in casseroles, soups and stews
White bread	Whole wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley

*Adapted from the Mayo Clinic Ingredient Substitutions: Make the switch for healthier recipes.*  
[www.mayoclinic.com](http://www.mayoclinic.com)

### Recipe: Greek Pizza

The following Greek pizza recipe uses lean turkey and the Mediterranean flavors of tomatoes, olives, lemons and feta cheese.

#### Ingredients:

1/2 lb. turkey cutlets, cut into thin strips  
2 cups thinly-sliced onion  
1/4 cup finely-chopped flat-leaf parsley  
1 tsp. lemon pepper  
1 tsp. minced garlic  
1 tsp. dried oregano  
2 tsp. extra virgin olive oil  
2 10-inch pizza shells  
1 cup chopped tomatoes  
6 Kalamata olives, pitted and slivered  
4 oz. feta cheese, crumbled

#### Instructions:

1. Preheat oven to 450 degrees.
2. In large bowl, combine turkey, onion, parsley, lemon pepper, garlic and oregano.
3. In large, non-stick skillet, over medium-high heat, sauté mixture in oil 5 to 7 minutes or until turkey is lightly browned and no longer pink in center. Place pizza shells on large baking sheet. Top with turkey mixture, tomatoes, olives and cheese.
4. Bake for 10 to 12 minutes, until the crust is heated through and the cheese slightly melted.

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**Nutritional Information:**

Makes 2 pizzas or 8 servings. Per serving: 302 calories, 8 g. total fat (3 g. saturated fat), 39 g. carbohydrate, 17 g. protein, 2 g. dietary fiber, 737 mg. sodium.

*This recipe provided by the American Institute for Cancer Research. For more healthy recipes, go to <http://www.aicr.org/information/recipe/index.lasso>.*

**Staffers offer healthy recipes**

**Pumpkin Cupcakes**

These are so easy to make and are virtually fat free. If I remember correctly, they are only one point a piece on Weight Watchers.

1 10 oz can of pumpkin  
1 spice cake mix  
Splash of water as needed  
(yes, that is all)

Mix together, add water if too thick, to a cake batter consistency.  
Follow baking directions on cake mix, but they turn out best as cupcakes.

These little cakes freeze well and are great with a cup of coffee!

*Submitted by: Melissa C. Newton  
KY Commission on Community Volunteerism and Service*

**Oat Pancakes**

½ C Quaker Old-Fashioned Oats  
2 egg whites  
Dash of cinnamon

Combine egg whites with oats in a bowl or coffee cup.  
Mix with a fork and add a dash of cinnamon.

Cook in skillet (lightly coated with canola oil cooking spray) on medium-high heat for approximately 1 minute each side (or until golden brown).

Top with your favorite yogurt and/or fruit for a wholesome, protein-packed breakfast.

*Submitted by: Amber Arnett, Assistant Counsel  
CHFS Office of Legal Services*